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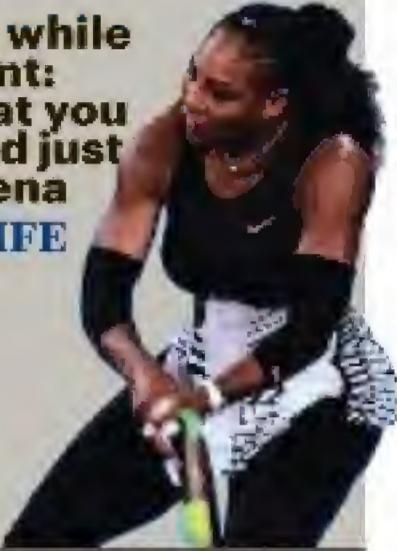


Your essential daily news | MONDAY, APRIL 24, 2017

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**NEXT STOP:
BETTER TRANSIT**

Bus advocates plan to 'reframe the conversation'

metroNEWS

FORT MCMURRAY:
ONE YEAR LATER

FORT MAC STRONG

This week, Metro looks back at
Canada's costliest disaster — and the
people who are rebuilding **metroNEWS**



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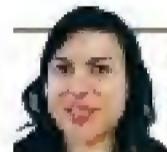
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Online 'viciousness'

FACEBOOK

Hire A Refugee fields racist comments on social media



**Jessica
Botelho-Urbanski**
Metro | Winnipeg

Bob Axworthy and Omar Rahimi created a website in March to pair newcomers with manual labour jobs. They weren't expecting an outpouring of negativity afterward.

The creators of a Winnipeg website designed to help newcomers find jobs have been fielding racist comments online since the site's inception.

"WTF why only refugees were here don't need no MF taking over jobs," said one commenter on Hire A Refugee's Facebook page.

"How bout hire a Canadian or fck off," said another.

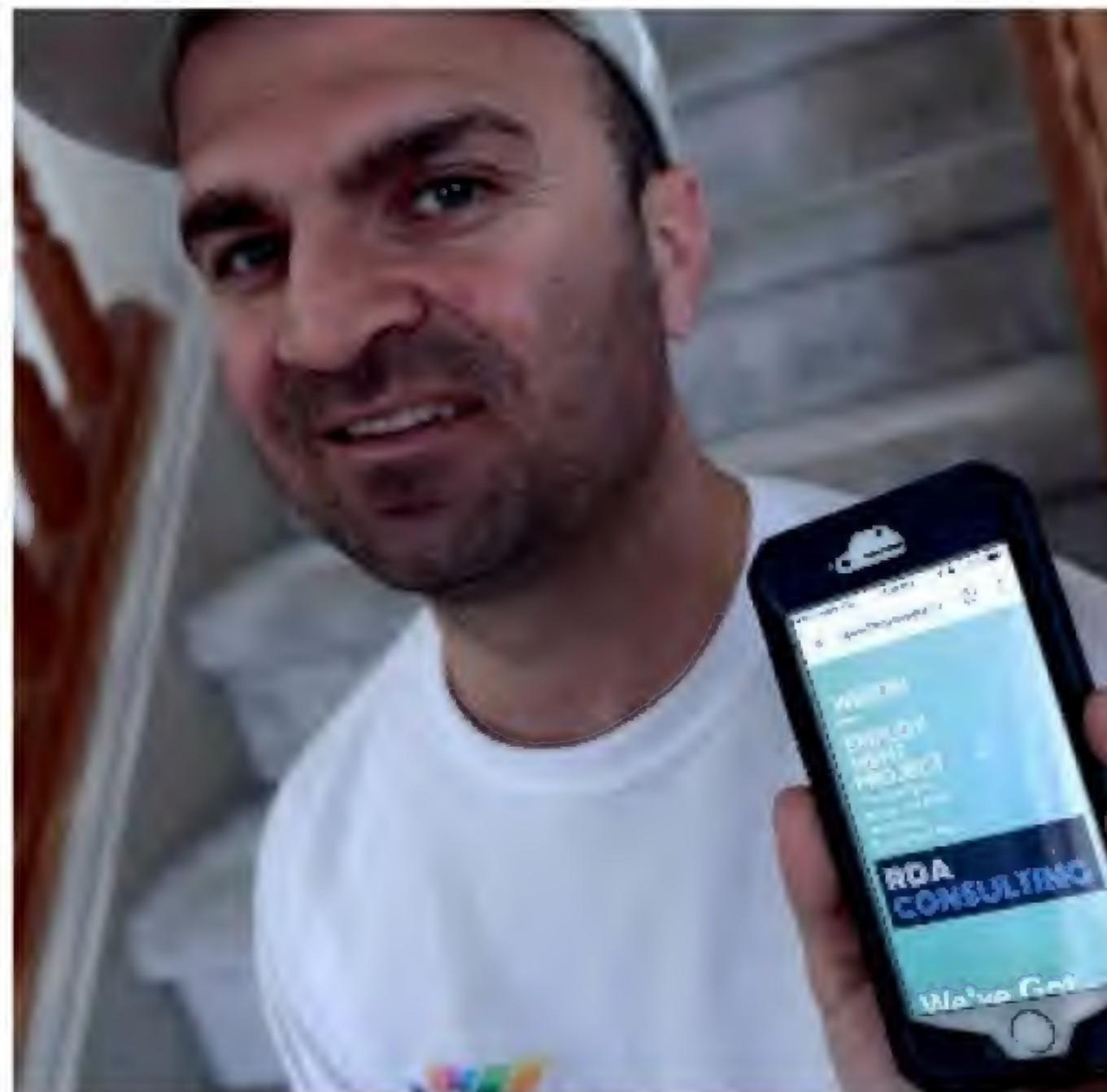
"I have dog s-t to be cleaned it pays what you take," a third person wrote.

The latter comment on April 14 is the one that sent co-creator Bob Axworthy over the edge, he said.

Usually his social media team simply scrubs the hateful comments from its pages when they arise every few days, but Axworthy felt it was time to pipe up late last week.

"These comments are vile. They're just awful things that human beings shouldn't be saying," he said in an interview.

"Clearly it's a minority of



Omar Rahimi, co-creator of hirearefugee.ca, has already helped 35 people find work, but has done so in the face of vitriol. LYLE STAFFORD/FOR METRO

people, but the viciousness should be addressed. I just felt we had to speak out to let other Winnipeggers, Manitobans, Canadians know that this isn't acceptable."

Since posting about their experience on Facebook, Ax-

worthy and co-founder Omar Rahimi have been receiving some more positive feedback — though the negative comments still sting.

"It's been a little bit gratifying," Axworthy said. "I've had people inquiring about hiring

and using us in different jobs. And I've had people express their sympathies and say how sorry they were that, in trying to do good work, we have to endure this."

Since the site launched in March, Hire A Refugee has

These comments are vile. They're just awful things that human beings shouldn't be saying.

Bob Axworthy

helped 35 people find employment doing manual labour — tasks like painting, cleaning, yard work and construction.

Rahimi, a refugee from Iraq who came to Canada in 2001, said he's determined to let the online vitriol slide off his back.

"Unfortunately, we're kind of used to that, but we try to not (let it) distract us. We just keep doing what we want to do, what we keep believing in. We keep helping our newcomers," he said.

Rahimi said he believes it's mostly younger people targeting them online because they don't understand the refugees' difficult journeys.

"At Hire A Refugee we do labour work and most Canadians don't want to do those (jobs)," he said.

"I think it's younger people because they are also looking for work and they're thinking we are stealing from the jobs that they are looking for, but that's not true. (There's) plenty to go around."

Hire A Refugee is open to helping anyone find work, Axworthy said, though they focus mainly on refugees since Rahimi can do translating services for clients.

WEATHER

Spring snowfall ahead

There's no avoiding it: More spring snowfall is on its way to Southern Manitoba, and Winnipeg is square in its path.

Environment Canada issued a special weather statement Sunday, breaking the bad news that Mother Nature is about to unleash 10 centimetres or more of the white stuff Monday and into Monday night.

It's enough to make any Winnipegger cry 'uncle,' especially after the flip-flop and shorts-appropriate weather of last Friday.

"This weather is bananas," said Stewart McLeod, Greenhouse Manager at Lacoste Garden Centre.

While business is blooming at gardening centres throughout the city, McLeod advises gardening enthusiasts chomping at the bit to get their vegetable gardens and flower beds planted to be patient.

"There are a few things that can take the cold and the snow at this time of year, like pansies and snapdragons," McLeod said, adding planting most things in the ground remains inadvisable for now.

"When the ground is cold, seeds won't germinate," McLeod said, appreciating that winter-weary folks with green thumbs are likely eager to get their gardens going.

"Basically, we tell people, 'Wait until May long weekend, even June, to start planting anything other than maybe onions and lettuce... definitely no tomatoes until it really warms up and stays that way,'" MICHELLE BAILEY/FOR METRO

HOUSING

Two broken elevators, 12 storeys and many upset residents



**Michelle
Bailey**
For Metro | Winnipeg

It may be funny to watch the cast of the TV comedy The Big Bang Theory circumvent a broken elevator by stairs every episode, but no one living at 77 Edmonton St. in Winnipeg is laughing.

Since last Wednesday, they have been without both of the two elevators in the 12-storey condo building.

Some have vacated the premises for lack of a way home, others with health problems are seeking insurance remuneration for alternative lodgings, and the rest are toughing it out, but the nightmare isn't over yet.

According to the building owner it will be, at the "earliest," this coming Wednesday before the problem can be fixed.

Jason van Rooy, Marketing and Customer Service Manager for Towers Realty Group, said

a scheduled maintenance job went sideways when power was restored and neither of the two lone elevators fired up.

"We immediately contacted an elevator repair company to ship new parts to fix the problem as quickly as possible, but it won't be until mid-week at the earliest" van Rooy said. "We've also hired an engineering company to look into how this happened in the first place."

Meanwhile, residents are outraged. While the building

is owned by Towers Reality Group, the building is managed by a condo board who advised residents to contact their insurance companies to make other living arrangements during the outage.

"I live on the 12th floor, I'm 30 and in relatively good shape, but I'm suffering from bronchitis, and this has been crazy," said Joanna Wiebe. "All of us, especially those living here who have mobility issues, are trapped."

Wiebe said she can't even

imagine what this elevator outage means for elderly condo owners or renters, which she estimates makes up over half of the buildings occupancy.

"With both of our elevators not working, we're all prisoners in our own homes, but especially them" Wiebe said.

A condo building being without elevators for a week may not strike many as a hot political issue, but in the Ontario legislature, a Liberal private member's bill is proposing to set time limits for

contractors to fix out-of-service lifts.

The Reliable Elevators Act would require buildings serving long-term care or retired residents to be repaired within seven days, and most other buildings within two weeks.

A request for comment on whether the issue could be raised beneath the Golden Boy made to Manitoba MLA Flor Marcelino, who's constituents live at 77 Edmonton, couldn't be returned in time for print. WITH FILES FROM BRAEDEN JONES

Reframing the transit conversation

Advocate hopes event series will teach Winnipeggers that they should expect more from their network



**Braeden
Jones**
Metro | Winnipeg

Advocates who are worried transit is "very rarely talked about in Winnipeg" have a plan to change that this year. It involves "humanizing transit" for riders, city councillors and soon a new transit director.

Joseph Kornelsen, who chairs the citizen group Functional Transit Winnipeg, said outside of safety concerns and rapid bus lines, decision-makers and Winnipeggers alike seldom look critically at the city's transit service.

He explained how that lack of criticism and the notion that "we're a car town because that's

what Winnipeg was built for" has siphoned momentum off support for a better public transportation system.

The result has been, by Kornelsen's assessment, an underfunded, infrequent service that doesn't serve people as well as it could on many of its often circuitous routes.

"So what we're trying to do is reframe the conversation so we're talking about how the service actually works," Kornelsen said. "We want to bring to the forefront what it means to have a good service, show people what an effective transit service looks like."

"It should be frequent, there when you need it, arriving as close to your destination as pos-

sible."

To that end, Kornelsen and Functional Transit have partnered with Climate Change Connection and the Amalgamated Transit Union to bring internationally recognized transit expert Jarrett Walker to speak in Winnipeg with hopes that he will spark interest in something "other than where the next BRT corridor should go."

Walker, a transit policy consultant and author, brings ideas that align with those Kornelsen is hoping to spread in Winnipeg, like how transit can be simple

if the focus is on fitting it to the community and its ridership's needs.

"He says a lot of things that we really appreciate about transit," Kornelsen said.

After his keynote May 11 at the

Manitoba Museum, Kornelsen wants to keep momentum from Walker's advice going on May 18 and 27 at the University of Winnipeg's Richardson College for the Environment atrium.

"We want to bring a local focus into the conversation, follow his talk up with a local transit panel taking place one week after that

event, then we're going to do a series of roundtable discussions," Kornelsen said, adding he's "reaching out to transit decision makers ... city councillors, the mayor ... to set up meetings" with Walker.

While he admits an event series might not be the thing that transforms transit in the city, he hopes new advocates — born from the right people learning what they can expect more from transit — just might.

"The tangible result from all this is how we talk about transit... what really matters is how people think about it, and getting them to be notifying the city about what they would like to see," he said. "That's what we'd really like to happen."

The timing for refreshed expectations is right — the city is currently in the process of hiring a new transit director.

Kornelsen said he's hoping new and old transit advocates are ready to "push the city" and the new director to take on a "customer service focus" moving forward.

"I believe the key to getting anything done is having the public really push for it," he said. "We've been a little bit quieter, we've gone and done our delegations at each budget, and when issues of transit come up we'll show up (at City Hall), but this has been in the works now for several months and we want this to be something really worthwhile."

METRO ASKS: HOW CAN PUBLIC TRANSPORTATION BE IMPROVED IN WINNIPEG?

JESSICA BOTELHO-URBANSKI METRO

More buses going across the river, towards the south. I have to wait here 20 minutes to get the right bus to go to Transcona.



John MacDonald

More buses. Some of them are packed wall to wall.



Nelida Madriaga

I'd like to see them put in what they have in Las Vegas where you have the supervisors with 9mm checking the buses, so the drivers feel safe.



Ben Pidverny

Have security on the bus, because I won't ride the bus at night. Once it becomes dark, I won't ride... The drivers do take a lot of abuse.



Lillian Haas

(I'd take the bus more) if all of the shacks had heated benches in the winter.



Zoe Vandelaar

I live in Transcona and have to take two buses. One of them is more than an hour just to get to Polo Park. So, more direct routes.



Catherine Tilling-Bell

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Border towns help refugees

IMMIGRATION

Americans and Canadians mobilize to aid asylum seekers

As the flow of asylum-seekers crossing into Canada continues, residents in towns along the Canada-U.S. border are quietly mobilizing to help the travellers who pass through in search of better lives.

Janet McFetridge, a resident of Champlain, N.Y., said she started seeing taxis passing by her house in November, around the

time Donald Trump was elected president of the United States.

"It's just unusual because you don't usually see cabs out here, so it's very noticeable," she said.

Most of the taxis were heading to Roxham Road, a popular illegal crossing spot where people hop a small ditch into Canada in order to file asylum claims from within the country.

McFetridge said she and others in the area wanted to know how they could help.

"At first we were concerned about (winter) clothes, but then we're also concerned now about the larger picture of if they're sent back from Canada, are they going to be able to go some-

where?" she said in an interview.

The greater Plattsburgh area is looking for some system where people will be able to house them and get them on their way safely."

What has emerged, she says, is a coalition of churches, citizens and social organizations.

The group, Plattsburgh Cares, is considering ways to offer food, shelter, transportation or legal advice to people who are heading to Canada or who are turned back.

People who cross the border illegally and file their refugee claims in Canada are generally allowed to remain pending their hearing dates.

THE CANADIAN PRESS



Janet McFetridge at an unmanned border between Plattsburgh, N.Y. and Canada. THE CANADIAN PRESS

BRITISH COLUMBIA

Malaria parasite could treat cancer

A malaria parasite may hold the key to treat bladder cancer in patients who only have a 50 per cent chance of responding positively to traditional chemotherapy treatments.

UBC researchers found the treatment, a combination of a malaria protein with a marine sponge toxin, was 80 per cent effective on mice — the other 20 per cent of mice died within 70 days from bladder cancer, a disease that kills more than 2,000 Canadians every year.

WANYEE LI/METRO VANCOUVER



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Rodney and Gail Hanifan lost everything in the wildfires of Fort McMurray, Alta. But they count themselves among the lucky ones. ALEX BOYD/METRO

“
There's not many days that you don't think about what happened, but it doesn't rule your life.

Rodney Hanifan

Rebuilding out of the ashes

WILDFIRE

For this family, not returning to Fort Mac was never an option

Alex Boyd
Metro | Edmonton

Sitting in the parking lot of an Edmonton Walmart, her family's home in flames 400 km away down a jammed highway, it all caught up with Gail Hanifan.

Her sister went in to grab supplies, but Gail was frozen.

"I just said: 'What am I going to get?'" she recalled, before pausing, her voice quiet.

"I knew in my heart that we had nothing."

So began the Hanifans' journey towards rebuilding their life in Fort McMurray.

It's been almost a year since a runaway wildfire changed course and smashed into the northern Alberta city, forcing the rushed evacuation of almost 90,000 people and causing more damage than any other disaster in Canadian history.

While stories abound of people choosing not to go back, the Hanifan family remains committed to the town they say is unlike anywhere else.

Originally from New Brunswick, Gail and her husband Rodney first moved west for the jobs almost twenty years ago. They went back east once, but returned for good because of what they say is an unusually hardworking, family-oriented community.

"I have so much love for this

place, it changed my life like no other," Gail said, recounting the events of last May from their new rental home in the city they were once forced to flee.

Their two kids, aged 15 and 12, were born in Fort McMurray, and she credits the boomtown with making them a family.

Waiting out the evacuation first in an Edmonton hotel and then in a borrowed camper, Rodney says they never talked about whether or not they'd come back. It was just a fact. They say they are among the lucky ones. Their kids were safe, and they were able to grab their two small dogs before running out the door.

But they lost almost everything in their house.

Gail's hunch that it was all gone was confirmed when a pilot friend snapped pictures of

where their house once stood in the Waterways neighbourhood. The only things visible were iron skeletons of their cars sticking out of a pile of ash.

After a month the family could head back north, but undamaged rental properties were few and far between.

Though they're now looking to buy a house, they found a rental in the meantime and got to work replacing what they could.

But the irreplaceable things — their wedding video, the letter Gail wrote for her daughter when she was a baby, or the video diary she made for her son — are gone.

"Those things I grieved the most for," she said.

Luck has given them a hand, though.

When they were first married Rodney bought a painting

for Gail, of a view of the beach, looking out a window.

It was one of the lost things that made her sad, so one day she did a quick Kijiji search — and an identical print popped up. She tracked down the seller, and now it hangs in their kitchen.

"There's not many days that you don't think about what happened, but it doesn't rule your life, it doesn't shape who you are," Rodney said.

He tires of the negative stereotypes of Fort McMurray, that it's just a soulless industry town, and says they're dedicated to rebuilding the place they know, the one that made them a family. One of the first steps: marking almost one year since the fires broke out by hosting 20 friends for an Easter feast.

"We've had bigger events here than the fire."

Some who 'won't ever come back'

The day Gerald Wong came back to Fort McMurray, it was so quiet he could stand in the middle of the city's main drag, without so much as a truck passing by.

The owner of a downtown electronics store, he'd been allowed back before official re-entry in order to get his shop up and running. But since his hometown reopened its doors to all, it's still not the way it was before the fire.

"A lot of people haven't come back, and some people won't ever come back," he said.

A swatch of charred forest is visible from his store windows, showing just how close downtown came to destruction.

But as the central part of the city has begun returning to business as normal, the hardest-hit areas are still struggling.

Rachel Ondang counts the city's recovery in wait times.

There's less traffic, errands take less time, and you don't have to make reservations at restaurants.

"There aren't big line-ups. Even the carwash is slow," said Ondang. Part of the problem, she said, is the double hit of the economic downturn coming as rebuild costs mount.

According to a Conference Board of Canada report, the fire is expected to cost insurers and governments more than \$5 billion. However, the rebuild could add as many 9,000 jobs next year.

ALEX BOYD/METRO

DETAILS

■ **8 per cent** of private dwellings were destroyed in Fort McMurray.

■ **The amount of land burned** by the fire was 5,890 square km, the size of P.E.I.

■ **The amount of insured losses** is \$3.7 billion. It's the most expensive disaster in Canadian history.

Lessons we've learned from the Fort McMurray devastation

Darren Krause
Metro | Calgary

Improved inter-agency communication, more escape routes, and the power of social media were three major emergency response takeaways from the devastating Fort McMurray wildfires.

When fire jumped the Athabasca River around noon on May 3, 2016, within two hours three communities — Beacon Hill, Abasand and Grayling Terrace — were ordered to evacuate. Two hours later, a mandatory evacuation was given for all residents.

Tens of thousands fled south in bumper-to-bumper traffic as

the fire enveloped the only major road out of the bustling Alberta city. Thousands more were sent north to relative safety in nearby oilsands camps.

Rapidly-changing fire conditions due to fierce winds and historically dry conditions limited evacuation routes, and short notice created a nightmare scenario for emergency management officials.

"It was just the worst case scenario we could probably have," said Jordan Redshaw, communications manager with the Fort McMurray Recovery Task Force.

Redshaw said they're already putting in place measures to improve future response. Training

exercises have already been conducted, closing gaps in future communication between different responding units — one of the areas they immediately identified for improvement.

Tim Haney, director of the Centre for Community Disaster Research at Mount Royal University in Calgary, said communication issues, especially in fire situations, aren't uncommon.

"Fire is a really hard one to evacuate from," Haney said. "It's very hard to give people advanced notice."

The nature of communication between emergency units and then having that information relayed to the general pub-

lic makes calling an evacuation tricky, Haney said. If you call an evacuation too early and it doesn't come anywhere near people, they may not trust you next time.

The fire also underscored the need for a second route out of Fort McMurray.

"Fort McMurray's basically a one-road-in, one-road-out city. That's just a nightmare for calling an evacuation," said Haney.

Redshaw said a second major entry point is being planned as one of the primary mitigation efforts coming out of last year's fire. The Regional Municipality of Wood Buffalo has put forth \$5 million for pre-design of the

East Clearwater Highway.

While social media was an obvious source of gathering and delivering information to its tech-savvy residents, Redshaw said they also learned how valuable it could be in deploying emergency resources. They were sourcing out people who still needed assistance and those who needed to be checked on.

"We were actually using that to activate our municipal law enforcement or RCMP to actually go and look into those addresses," Redshaw said.

Aside from using social media for logistics and information, Redshaw said they used it for emotional outreach to residents.

"It's easy to forget, especially as a government organization, the importance of empathy when relating to the public. Just being honest and transparent about what you're doing is critical to building trust with the community," he said.

Redshaw said there's still more to learn from this disaster and how they can respond. The RMWB is expected to issue their official report on the wildfire, as is the provincial government, later this year.

"There's a collective motivation to do better. I think there's a really big commitment here to get everyone back in their homes," Redshaw said.

French voters now facing stark choice

FRANCE

United Europe at stake in the runoff between Macron, Le Pen

Centrist Emmanuel Macron and far-right populist Marine Le Pen advanced Sunday to a runoff in France's presidential election, remaking the country's political landscape and setting up a showdown over its participation in the European Union.

French politicians on the left and right immediately urged voters to block Le Pen's path to power in the May 7 runoff, saying her virulently nationalist anti-EU and anti-immigration politics would spell disaster for France.

The selection of Le Pen and Macron presented voters with the starker possible choice between two diametrically opposed visions of the EU's future and France's place in it. It set up a battle between Macron's optimistic vision of a tolerant France — and a united Europe with open borders — against Le Pen's darker, inward-looking platform that called for closed borders, tougher security, less immigration and dropping the shared euro currency to return to the French franc.

With Le Pen wanting France to leave the EU and Macron want-



French centrist presidential candidate Emmanuel Macron addresses his supporters in Paris on Sunday. THE ASSOCIATED PRESS

ing even closer co-operation between the bloc's 28 nations, Sunday's outcome meant the May 7 runoff will have undertones of a referendum on France's EU membership.

The absence in the runoff of candidates from either the mainstream left Socialists or the right-wing Republicans party - the two main groups that have governed

post-war France - also marked a seismic shift in French politics. Macron, a 39-year-old investment banker, made the runoff on the back of a grassroots campaign without the support of a major political party.

With 50 per cent of the vote counted, the Interior Ministry said Sunday night that Le Pen had 24 per cent of the vote, Mac-

ron had 22 per cent, Fillon had 20 per cent and far-right Jean-Luc Melenchon had 18 per cent.

Melenchon refused to cede defeat. In a defiant speech to supporters, he said he would continue to await the results from France's cities. The early vote count includes primarily rural constituencies that lean to the right. THE ASSOCIATED PRESS

POLITICS

Trump's 'different kind of presidency'

For nearly 100 days, U.S. President Donald Trump has rattled Washington and been chastened by its institutions.

He's startled world leaders with his unpredictability and tough talk but won their praise for a surprise strike on Syria.

He's endured the steady drip of investigations and a seemingly endless churn of public personnel drama. "It's a different kind of a presidency," Trump said in an Oval Office interview as he approached Saturday's key presidential benchmark.

Trump, who campaigned on a promise of instant disruption, indirectly acknowledged that change doesn't come quickly to Washington.

Since taking office on Jan. 20, Trump's approval rating has hovered around 40 per cent.

His early presidency has been dogged by FBI and congressional



Donald Trump in the Oval Office on Friday. THE ASSOCIATED PRESS

investigations into whether his campaign co-ordinated with Russians to tilt the race in his favour.

His two disputed travel ban executive orders are languishing, blocked by federal judges.

On Capitol Hill, majority Republicans muscled through Trump's nominee for the Supreme Court, Judge Neil Gorsuch, but had to blow up long-standing Senate rules to do so.

THE ASSOCIATED PRESS

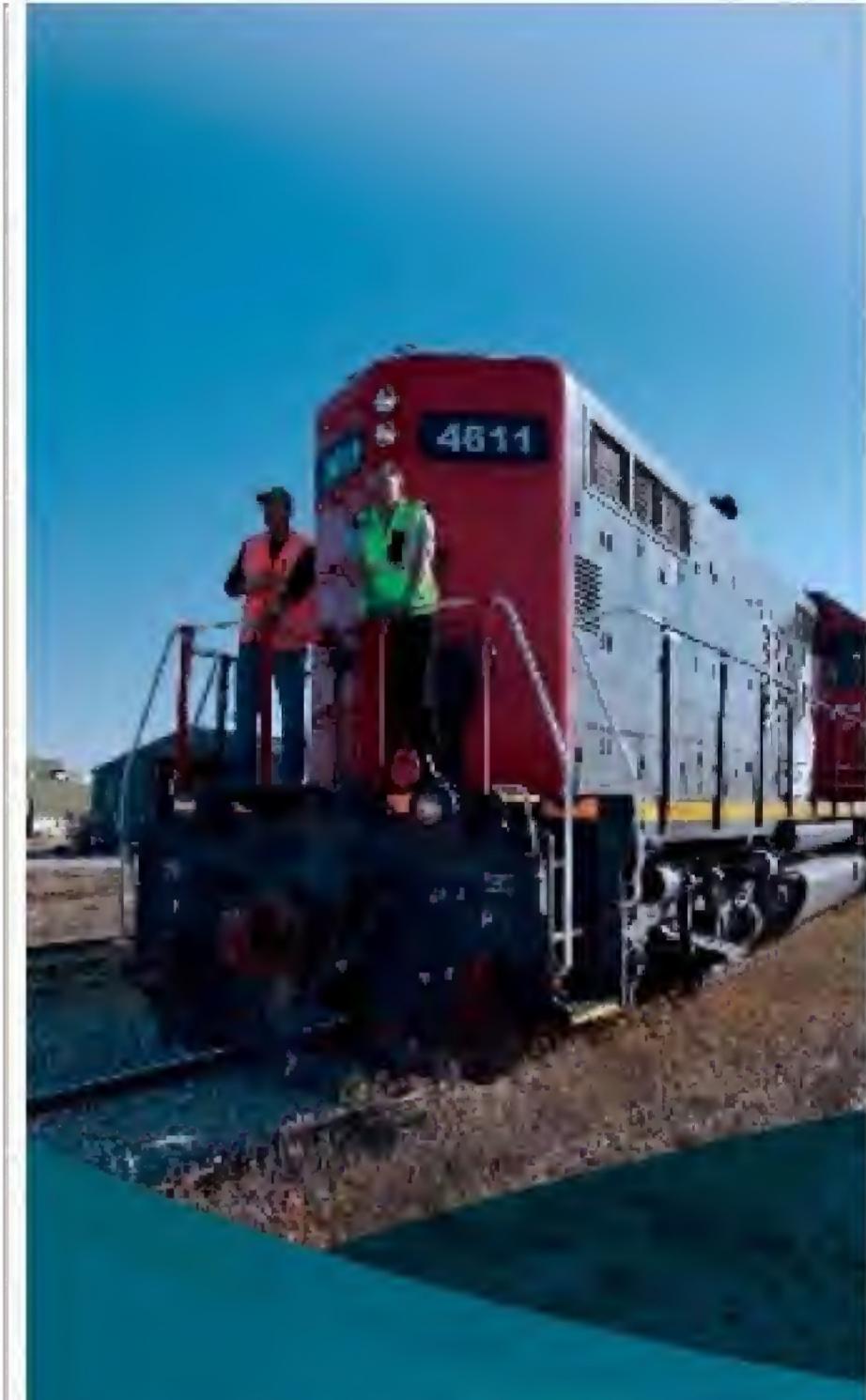
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Monday, April 24, 2017

URBAN ETIQUETTE ELLEN VANSTONE



Dear Ellen,

Every time I got to the liquor store, there is someone out front begging for money. If I have a loonie or toonie in my pocket, I might give it to them. But usually I'm in a hurry, or I don't have cash, or I resent the fact that one regular beggar is better dressed than me. Either way I feel irritated when I give and guilty if I don't. Is there a rule of etiquette I can follow, so I don't have to think about this every time?

T.K., Toronto

Dear T.K.,

As with all proper etiquette, the rule is to treat fellow human beings with respect.

Though this particular topic may be more of an ethics question than an etiquette one, the two areas overlap, and I don't agree with most of the ethics "experts" pontificating online, so I'll weigh in.

It's not wrong, etiquette-wise, to refrain from giving money to beggars. It's your choice; you have your reasons, and it's no one else's business. I do think it's unethical to be a hypocrite about it.

I also wonder if we go to the same liquor store. Does your well-dressed guy wear newish-looking jeans and a leather jacket? I never give him money. There's also a guy who plays a little guitar and sings so badly, I'm tempted to pay him to be quiet. Then there's the older woman who's clearly down and out, and doesn't seem to be fully

THE QUESTION Is it bad manners to turn down panhandlers?

I feel extremely conflicted
about this transaction,
just so you know...



Ani Castillo

compos mentis. Her I give to, because she seems the neediest, and the least likely to know how to take advantage of government and charitable services — which "experts" say is where you should donate money. Their reasoning is that if you give money to beggars, they'll probably just spend it on drugs or booze instead of buying something sensible that will help them get a job and a home.

That's pretty rich — coming out of the liquor store and denying an impoverished person the chance to also have a drink. It's also blatantly ridiculous — do these so-called

experts really think the few bucks a panhandler might collect each day is going to pay for rent, or job training, or clothes and grooming for an interview, or a cellphone so they can Google-map the nearest psychiatric hospital?

I don't usually agree with the guy who runs a multibillion-dollar organization that openly discriminates against women and harbours known criminals. But I agreed with Pope Francis when, as recently reported in The New York Times, he was asked about giving money to people who might spend it on wine, and

answered: If "a glass of wine is the only happiness he has in life, that's OK. Instead, ask yourself, what do you do on the sly? What 'happiness' do you seek in secret?"

So the next time you're stocking up and someone asks for spare change, look them in the eye with a friendly shake of the head if you choose not to give. And give them a smile and a greeting if you do. Sometimes that brief interaction can be as valuable to them as the cash.

The rule is to treat these fellow human beings with respect either way.

VICKY MOCHAMA

Dispelling the myth of the party girl

Party. Girl. Two excellent words signifying excellent things.

But together the words twist into a stereotype that has filtered into our culture in ways that endanger women.

You would think the standard definition is a young woman who enjoys parties. But the cultural definition that I am taking from our bastion of social enlightenment, Urban Dictionary, is a lot more telling.

A party girl, according to Internet wordsmiths, is: "A girl who will party hard anywhere, even if the party is s— she will get down and get naked."

That is the first definition offered; the second is even more derogatory.

(The Urban Dictionary may be crowd-sourced, but it is miles ahead of the Big Three — the OED, Merriam-Webster and dictionary.com — which do not have as exhaustive an entry for "it" as they should.)

In that definition, a party girl isn't simply a woman who likes parties. She is a woman who likes having sex. Pass the smelling salts. Not only that, she's willing to have sex with anyone.

Women risk being labelled "whores" simply by appearing to having fun. For racialized women, our very bodies are hyper-sexualized; our hips apparently gave consent.

Decades of activism by feminists, as well as a body of jurisprudence, have championed the notion that compromised consent is, in fact, not consent at all. Yet in 2017, a judge bought into the cultural idea that a woman has, by having fun, consented

to sex.

In the trial of the Halifax taxi driver who was found not guilty last month of sexually assaulting a passenger, defence lawyer Luke Cragg leaned on the stereotype, saying the complainant became a different "type of person" when drunk.

The theory found a welcoming home in the mind of the judge who delivered the verdict.

But in a draft paper for the Canadian Bar Review, Dalhousie law professor Elaine Craig calls bull.

"It is difficult not to question whether Judge Lenehan's speculation, implausible conclusions and legally incorrect reasoning were informed by the stereotype that unchaste women, or promiscuous party girls, will consent to sex with anyone," Craig writes, according to The Canadian Press.

If you saw me in Kingston, Ont., in October six years ago, I was probably several drinks in and having a great time in a truly tiny dress. Chances are you would have thought I was a party girl.

You might not have thought I was a student making friends and relaxing during a Model United Nations weekend.

All this to say: the party girl image has nothing to do with the woman. It validates those who do not respect consent. It is about limiting women's choices about their sexuality and then penalizing them for those choices.

It has everything to do with denying women their autonomy.

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Erin Moran, former child star on Happy Days, has died at age 56

Exercise for pregnant women

HEALTH

'Misguided' notions are contributing to obesity: Study

When Ericka York found out she was expecting her first child, she knew she wanted to stay active but didn't feel safe sticking to her usual routine.

"I didn't feel like I had enough knowledge to keep doing the workouts I was doing," said the Toronto resident, who used to play soccer once a week and take about 10 fitness classes a month.

So she signed up for prenatal yoga and Belly Bootcamp, and has discovered that few women in her classes are pregnant for the first time. Some of the second-time moms-to-be have told her they were too scared to enrol during their first pregnancy, but in hindsight wish they hadn't felt that way.

In fact, a trio of doctors affiliated with Spanish and American universities say few pregnant women are getting enough exercise. In a jointly-written opinion piece published in the Journal of the American Medical Association last month, they wrote that "misguided" notions that pregnant women need to eat more while doing less exercise are contributing to world obesity.

Women who gain and keep excessive weight during pregnancy (Canadian guidelines identify healthy weight gains based on each woman's Body Mass Index before pregnancy) can pass it

WAYS TO KEEP FIT

Walking

Getting off the subway a few stops early, taking a more gratuitous wander through the grocery store, or if driving, avoiding those mom and baby spots close to the building and parking far away.

Fitness Classes and Activities

Canadian guidelines say pregnant women should watch out for activities that might hold risk of losing balance or that are competitive (ice hockey, gymnastics, horseback riding, scuba diving, and cycling are singled out as being risky). Swimming, cross-country skiing, water aerobics or riding a stationary bike are considered safer.

Yoga and Pilates

The JAMA opinion article points out that even though yoga and Pilates are often recommended to pregnant women by doctors, clinical trials have yet to demonstrate that either is beneficial for moms-to-be.



When Ericka York (right) found out she was pregnant, she signed up for Belly Bootcamp. Last month a trio of doctors wrote in a medical journal that exercise is important for pregnancy health. Some point to Serena Williams (inset) as a positive example — she was nearly two months pregnant when she won the Australian Open in January. TORSTAR NEWS SERVICE/GETTY

along to their newborn babies. Those who remain active experience fewer aches and pains and are less likely to need a Caesarean or experience poor bladder control, the doctors write.

The same article suggests not knowing how much and what kind of exercise pregnant women should be doing is in part to blame for why so few

expecting mothers do not get as much exercise as they should.

And while Canadian guidelines encourage women to exercise while pregnant, this push comes with a list of precautions:

watch your heart rate, don't get competitive, mind your balance and don't lose your breath.

"Most recently we've been making the argument that being

sedentary is actually much more risky to your pregnancy than being active," said Gregory Davies, chair of maternal-fetal medicine at Queen's University who helped write those guidelines.

Davies said many decades ago, when everyday life was substantially more physically demanding than it is now, the idea that women should take it easy dur-

ing pregnancies was probably more sound. "But fast forward to 2017 when people are living super sedentary lives, that advice is no longer valid. But it's still in our culture that pregnant women need to slow down."

Research on the topic has been slow. Early fears that working out while pregnant could hurt a growing fetus have led to to-

day's limited available data to push evidence-based exercise guidelines forward, Davies said.

Considering the high levels of obesity in the population, he added, many women should probably be more active than they already are to prepare for a healthy pregnancy.

"I'm a firm believer that almost all types of exercise are safe in pregnancy. Just don't overdo it. I don't think the patient needs to be worried about having things being too much more prescriptive than that."

Jennifer Blake, CEO of the Society of Obstetricians and Gynecologists of Canada, said the nationwide message on exercising while pregnant has been consistent for years: it's good for you, do it. "But you also want to make sure you are not going to be in a situation where people are asking you to do things that may not be safe for you or for your pregnancy," she says.

It's important for both women and their fitness instructors to be well-informed. In Canada, a checklist is available online to help determine what type of exercise is safe for each expecting mother. TORSTAR NEWS SERVICE



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JOHANNA SCHNELLER WHAT I'M WATCHING

She may be a brat, but she's also simply human

THE SHOW: *Girlboss* S1, E1
(Netflix)

THE MOMENT: The sandwich

Sophia (Britt Robertson) – based on real-life clothing entrepreneur Sophia Amoruso – is working in a shoe store. Or rather, not working. "Was that a personal call?" her boss Carol asks. "Are you surfing the web?"

"It was. I am," Sophia says defiantly.

"I don't know where to begin," Carol says.

"If you need to some time to put your thoughts in order, we could put a pin in this," Sophia says. She plops into her chair and bites a sandwich.

"Is that my sandwich?" Carol asks.

Sophia pretends she didn't know, then admits she did. "Now isn't this the part where we move on?" she asks.

"This is the problem with you,



Netflix's new comedy series, *Girlboss*, appears to be following a formula familiar to a certain kind of sitcom. ISTOCK

you don't know your place," Carol sputters.

"I'm not about to die of malnutrition," Sophia snaps. "What

do you care, you don't own the place. You're just middle management on some power trip."

"You're fired," Carol says.

"What?" Sophia asks. "Why?"

This is The Scene. It comes at the midpoint of every first episode of every series about a flawed heroine. It's the moment where we see her at her brattiest. It's the scene you have to get past if you're going to stick with the show.

As surely as spring follows winter, it's followed by a scene that restores the heroine's humanity – in this case, Sophia calls her best friend, and we watch as she moves from self-righteous to self-aware. "Oh, Annie," she concludes, eyes filling with tears, "why am I such an a-hole?"

And bingo, you're either in or out.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

TV CAREERS

Rhimes talks how to be a screenwriter

Shonda Rhimes, the TV mastermind whose hits include *Grey's Anatomy* and *Scandal*, keeps a lid on plot twists. But she's giving aspiring screenwriters a behind-the-scenes look at how to succeed in her craft.

In six hours of online classes, Rhimes offers lessons on writing scripts, pitching pilots, and how series' writers work together to create stories and screen-

plays. Scripts from *Scandal* and the "story bible" that laid out the characters and structure of *Grey's Anatomy* are part of her masterclass.com course.

"I love the idea that for \$90, somebody who couldn't afford to go to film school would get to take this class," Rhimes said of the project from San Francisco-based company MasterClass. "It felt like an equalizer to me, and

that was great."

The so-called second golden age of television with its expanded number of outlets, including streaming platforms, has created new but not unlimited opportunities. Breaking into the competitive field requires creative thinking on and off the page, Rhimes suggested.

"I would suggest getting a job as a production assistant

anywhere, because it is a way in and lot of this is about knowing people." Entering (and winning) the many available writing contests is another path, she said.

And there are jobs to be had, she assures the hopeful including at her company, Shondaland.

"We're always looking for people not from here (the industry), because they have new and fresh voices." THE ASSOCIATED PRESS

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'VOLUNTEERS ARE CRUCIAL TO WHAT WE DO'

Volunteers are at the heart of Winnipeg's MCC Furniture Thrift Store, and their work contributes to Mennonite Central Committee's (MCC) programs in developing countries around the world.

Store manager Laurie Goetz says the money generated from sales at MCC's thrift stores across Canada and the United States make up about a third of all the donations made to MCC every year. Having volunteers means most of that money can go directly to MCC's missions.

"Volunteers are crucial to what we do," she says. "We've estimated that if we had paid all our volunteers minimum wage, we would have spent around \$70,000 last year, so that's how much more money could be sent to MCC."

The shop, MCC's only furniture thrift store in Winnipeg, has about 40 volunteers currently helping out, but Goetz says they're always looking for new volunteers to join the team. Volunteers at the store do everything from answering phones, working on the floor, making pick-up and delivery schedules, housekeeping and furniture repair. There's even a group of artists that volunteer

to help repurpose and recreate funky new "up-cycled" pieces.

"It's a lot of people doing a lot of hard work," Laurie says, adding that volunteers include young people who are getting their first work experience, seniors looking for something meaningful to do after retirement, and people with physical or mental disabilities who gain valuable experience and mentorship. "We're not just doing really good work at arm's length in developing countries; we're also doing real community service right here within our own four walls."

Volunteers are asked to commit about four hours a week, but Goetz says she's flexible about that, and understands that volunteers need to change their availability to fit their lives outside of the store.

"Volunteering is a selfless act and I feel really, really blessed that they're here because I know their time is valuable," she says.

To join the team of volunteers at MCC Furniture Thrift Store call 204-694-3669, send an email to mccfts@shaw.ca or stop in at the store at 18 Keewatin St. to apply in person.



From left, Jennifer, Kale, Laurie Goetz (Manager), Elaine and Alf. CONTRIBUTED

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In North Kanem, Chad, an MCC-supported school brings new opportunity to children such as Om Aboa, from left, Gumuri Mahamat and Omi Haki.



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metr^o SPORTS

OKC guard Russell Westbrook had a triple-double by halftime, but the Thunder still lost 113-109 to the Houston Rockets and trail 3-1 in the series

IN BRIEF

Carruthers, Courtney roll to easy mixed doubles win
Canada's Joanne Courtney and Reid Carruthers defeated Turkey's Dilsat Yildiz and Alican Karatas 10-4 in their opening game Saturday at the world mixed doubles curling championship.

Canada never trailed after scoring five points in the second end. Courtney, from Edmonton, shot 80 per cent while Carruthers, from Winnipeg, shot 87 per cent. THE CANADIAN PRESS

Kings find new head coach from within staff

The Los Angeles Kings have promoted associate head coach John Stevens to become their next head coach. Kings spokesman Mike Altieri said the team will introduce Stevens at a news conference Monday.

Stevens replaces Darryl Sutter after serving as an assistant to two Kings head coaches over the past eight seasons.

THE ASSOCIATED PRESS

Stroman goes the distance in Jays' victory

Marcus Stroman pitched a seven-hitter and Devon Travis hit a go-ahead, two-run homer during a four-run eighth inning in the Toronto Blue Jays' 6-2 victory over the Los Angeles Angels on Sunday.

Stroman (2-2) survived a rocky ninth by inducing a game-ending double play in his third career complete game — and his second in 12 days. THE ASSOCIATED PRESS

Big Mac devours B's

2017 NHL PLAYOFFS OTTAWA WINS SERIES 4-2

Sens' comeback star kills off East quarter-final with OT goal

It wasn't long ago that Clarke MacArthur was contemplating retirement. His decision to stick around for a playoff push paid off in a big way.

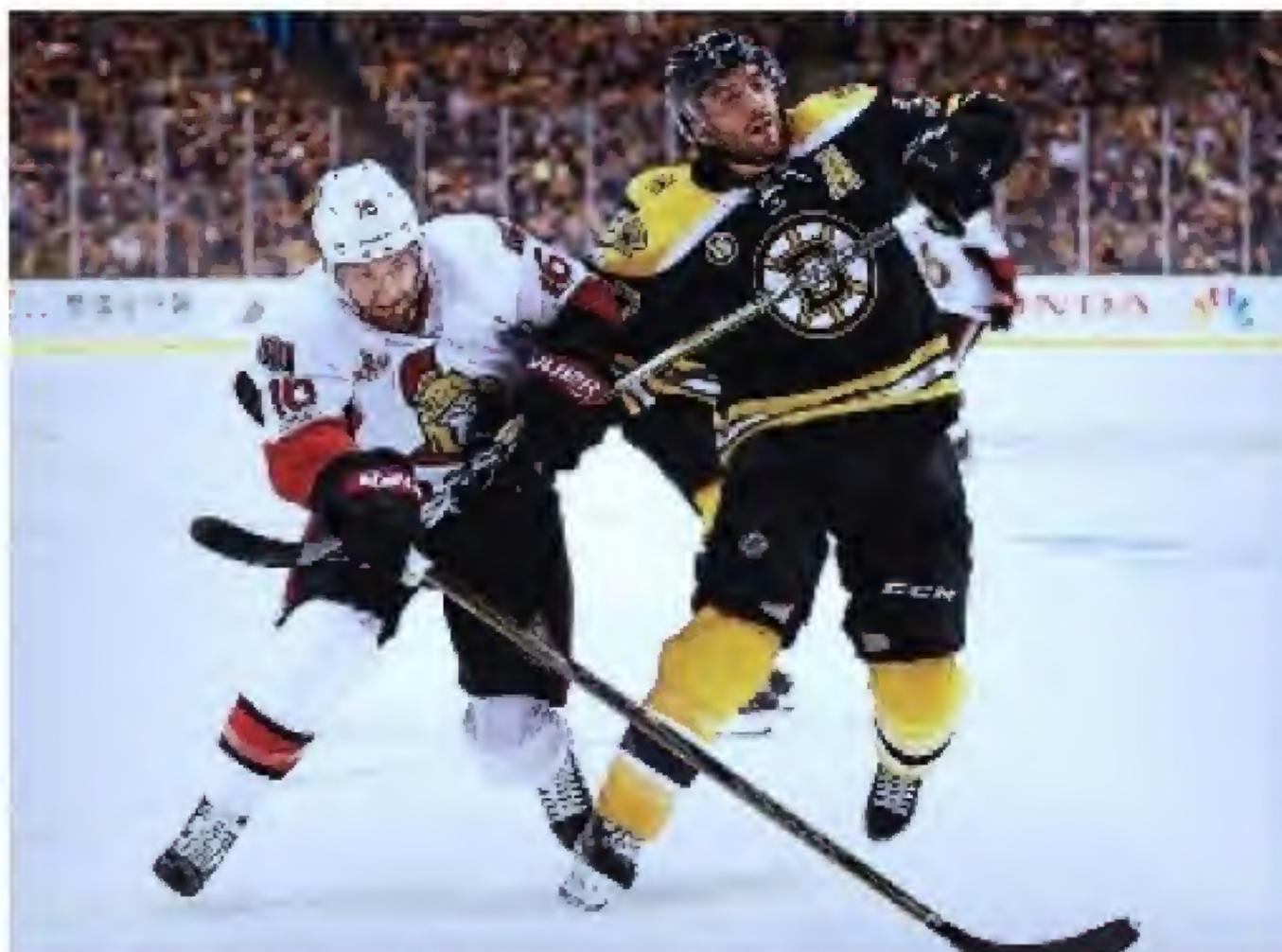
MacArthur, who missed all but the last four regular-season games after suffering a concussion in training camp, scored the winner on a power play 6:30 into overtime Sunday as the Ottawa Senators beat the Boston Bruins 3-2 to win their Eastern Conference quarter-final series in six games.

The 32-year-old MacArthur sat out 156 regular-season games in total over the two seasons because of multiple concussions and had moved to Florida to prepare for retirement.

"There's nothing like living in the NHL and living in these playoffs," MacArthur said. "(Retirement is) something everyone's going to have to deal with one day, but I want to stretch it out as long as I can obviously."

After a 3-2 double-overtime loss to the Bruins in Game 5 on Friday, the Senators weren't facing a must-win game — but MacArthur made sure the series ended in six anyway.

MacArthur's goal, his second of the post-season, followed



Senators left-winger Clarke MacArthur and Bruins centre Patrice Bergeron race for the puck on Sunday. MacArthur later scored the series-clinching goal in overtime. MADDIE MEYER/GETTY IMAGES

GAME 6 In Boston



a holding penalty to Boston right-winger David Pastrnak. MacArthur scored on the re-

bound of Bobby Ryan's shot 36 seconds into the power play.

Ryan and Kyle Turris also scored for the Senators and Craig Anderson made 28 saves.

It was the fourth overtime game of the series. Every game was decided by one goal.

Ottawa will face the New York Rangers in the conference semifinals. New York beat Montreal 3-1 on Saturday to win its quarter-final series in six games. The Senators won two of three regular-season meetings against the Rangers this year.

"We're going to use this (off) time well and we're going to prepare to play New York here in the second round, and we've got to keep pushing forward," said defenceman Erik Karlsson, who admitted after the game that he played the entire series with two hairline fractures in his left heel.

"I feel like we have a strong group, we have a deep group."

Drew Stafford and Patrice Bergeron scored for Boston. Tuukka Rask had 26 stops. THE CANADIAN PRESS

NBA PLAYOFFS

LeBron and Cavs sweep Pacers

LeBron James stuck to the old script Sunday.

Again, he bailed out the Cleveland Cavaliers. And again, he sent the Indiana Pacers home for vacation.

On yet another milestone day for basketball's king, James' crowning achievement was making the go-ahead three-pointer with 1:08 to play and helping the defending champions hold on for a series-clinching 106-102 victory at Indiana.

GAME 4 In Indianapolis



The four-time MVP finished with 33 points, 10 rebounds, four assists, four steals and two blocks.

By winning his 21st consecutive first-round game, James broke a tie with Michael Cooper, Magic Johnson and James Worthy for the longest streak under the NBA's current playoff format. By sweeping a series for the 10th time, James broke a tie with Tim Duncan for the most in a career, according to Elias Sports Bureau. By going 13 of 25 from the field, he pulled into a tie with Kobe Bryant for the fourth highest post-season field goal total with 2,014.

THE ASSOCIATED PRESS

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For Metro Canada

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Ready in 3 minutes
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Serves 2

Ingredients

- 1 cup almond milk

- 1 tsp honey
- 1 cup organic frozen blueberries
- 1 cup frozen chopped kale
- 1 banana, peeled
- 1 Tbsp Greek-style yogurt

Directions

1 Place the almond milk, honey, blueberries, kale, banana and yogurt in a blender and whiz until smooth

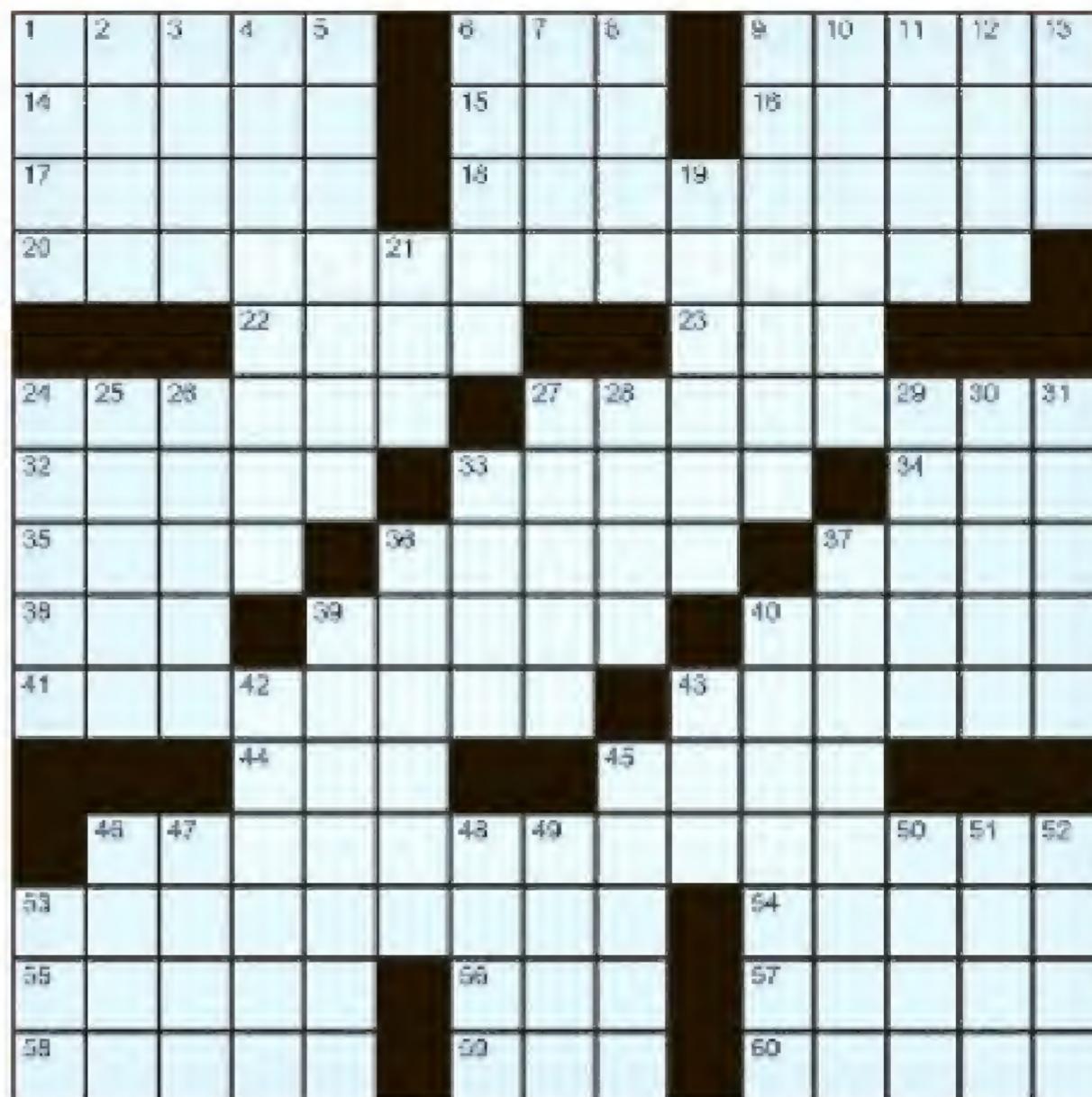
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- Aggravate
- Michael, to Kirk
- Repel/dismay
- Donna Summer hit: 2 wds.
- Find fault
- Contradict
- Irish coronation stone, _ Fail
- Paleontologist's find at the dig
- _ 'to go' (Eager)
- Soaks
- Strange
- Perfected
- Touch of colour
- Empresses in Russia, once
- Farmlands
- Holidayer's 'home'
- Pay attention to
- Canadians who co-discovered insulin in 1921: 3 wds.
- Wearable souvenirs from Disney: 2 wds.
- Thom of



- Trudges
- Bamboo eater
- "_ hoping!" (Dreamer's exclamation)
- Reeking
- 'Fraud' finisher
- Abercrombie & _
- Protests in the prison, perhaps
- "Hulk" (2003) star Eric
- '60s songstress Ms. Spector
- Swine sort: 2 wds.
- Clue givers
- Like psychedelic-style T-shirts
- Washes
- British band, _ Years After
- Blue Rodeo's " _ Hit Me Yet"
- Beetle variety, _ weevil
- Prefix to 'biography'
- Wine valley of California
- Tennis great Steffi
- Art Deco designer
- Distort
- Ms. Hatcher's, for short
- National Geographic, e.g.

DOWN

- Cauldron's content
- Actor, Zachary _
- White House's Office
- A headboard is part of one
- Super sanitary
- Mark
- Tea type, _ Grey
- "Take _ 'Train" by Duke Ellington and His Famous Orchestra
- Packaged food sweetener
- Embrocate
- Detergent
- brand
- Roman road
- Albany is its cap.
- Steve _ aka 'The Six Million Dollar Man'
- _ -defined
- Monastery boss

***IT'S ALL IN THE STARS** Your daily horoscope by Francis Drake

Aries March 21 - April 20
Today your primary concern is about practical matters, especially related to politics, religion and racial issues. It's also a good day to make future travel plans.

Taurus April 21 - May 21
Research of any kind will go well today, because you are focused and will pay attention to detail. You won't overlook a thing!

Gemini May 22 - June 21
A discussion with someone older or more experienced will be beneficial for you today. This person might even be a friend.

Cancer June 22 - July 23
This is the day to ask for something from a parent or a boss, because he or she will respect what you say. You sound like you know what you're talking about, and you've done your homework.

Leo July 24 - Aug. 23
Any kind of study will go well today because you have the patience necessary for focusing on learning.

Virgo Aug. 24 - Sept. 23
This is an excellent day for important discussions pertaining to inheritances, wills, taxes and shared property, because nothing will be overlooked. Everyone will pay attention to the smallest detail.

Libra Sept. 24 - Oct. 23
Discussions with partners and close friends will be serious today. People are not in a frivolous mood. However, their efforts will yield productive results.

Scorpio Oct. 24 - Nov. 22
At work today, you will be hands-on and willing to do routine work, because you know it has to get done. Discussions with some older will be helpful to you.

Sagittarius Nov. 23 - Dec. 21
This is a good day for teaching young people something, because people are in a serious frame of mind. They're also willing to practice sports or the arts.

Capricorn Dec. 22 - Jan. 20
It will be easy to tackle home repairs today, because people are eager to do this. This is the kind of day where you want practical results for your efforts.

Aquarius Jan. 21 - Feb. 19
Because you're in a sensible frame of mind, you can accomplish a lot today. Discussions with neighbors, relatives and siblings will likewise be serious.

Pisces Feb. 20 - March 20
If out shopping today, you will only be interested in buying long-lasting, practical items. No feather boas for you!

CONCEPTIS SUDOKU by Dave Green

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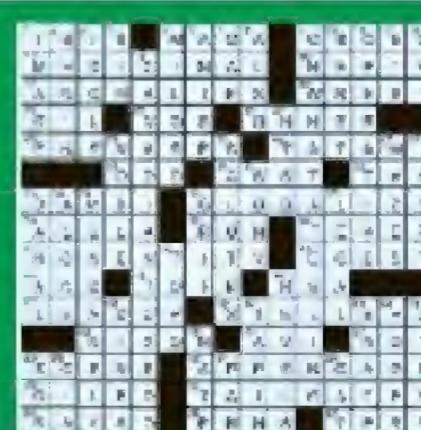
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